

SO...WHAT ARE SOME COMMON TYPES OF BOUNDARIES?



List of Boundary Types



Words

- The most basic boundary-defining word is “no.” It clarifies your limits and lets others know where your parameters are. Using your words creates mental and relational boundaries; what you say communicates your needs, limits, and expectations. No one is a mind reader, so don’t be afraid to communicate honestly.



Time

- Time is also a boundary. Sometimes, protecting your peace means being intentional about what—and who—you give your time to. You can’t control how others choose to treat you, but you can decide how much time you will give to harmful behaviors.



Skin

- Our skin is the most basic line that separates us from others. In many ways, it’s our very first boundary, and acts as a physical marker of autonomy, safety, and personal space.



Emotional Distance

- At times, it’s necessary to pause what you share emotionally in order to heal. Depending on the relationship, this may not be permanent. For some, however, it may need to be—especially if emotional abuse continues despite many conversations. Always use wisdom. Withdrawing connection or communication to control or force compliance is manipulation, not love. Healthy boundaries are meant to operate in love.



Geographical Distance

- Similar to emotional distance, geographical distance can be a necessary boundary when someone is abusive in any way—emotionally, spiritually, physically, or otherwise. Creating physical space can be an essential step toward safety and healing.

